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ABSTRACT OF THE DISCLOSURE

An apparatus and method of interfacing video information which can provide an accurately displayed video picture irrespective of the type of a video input signal by interfacing the video display information between a main body and a monitor, and thus maintaining the optimum picture state. The apparatus includes a main body for outputting a video signal and information on a display type of the video signal, and a monitor for detecting the display type of the corresponding video signal in accordance with the display type information outputted from the main body and displaying on a display screen the video signal outputted from the main body to match the detected display type.